

Support for you and your family!!

December at ARC Cancer Support Centres

ARC offers a warm, safe and supportive space for anyone affected by cancer. Our free classes, therapies and support groups are here to help you feel connected, supported and cared for at every stage of your journey.

Week 1 and 2

weekly classes + first support groups

- Mon – Pilates (Online) / 12.00–1.00pm
- Wed – Yoga (Online) / 9.30–10.30am
- Thu – Mindfulness (Online) / 2.30–3.30pm
- Gynaecological Cancers Support Group (Online)
Wed 10 Dec | 10.45am–12.15pm
- Secondary Cancer Support Group (Online)
Wed 10 Dec | 1.30–2.45pm

one-to-one supports

- One-to-one Counselling (Adults)
Phone, online or in-person | All centres
- Child, Teen & Young Adult Therapy
SCR & Eccles Street
- Acupuncture & Reflexology
By appointment
- Manual Lymph Drainage (SCR)
By appointment
- Roches Wigs & Breast Care Clinic (Eccles Street)
Thursdays | By appointment – 01 492 6829
- In-house Mindfulness Class (Eccles Street)
Thursdays | 2.30–3.30pm

Dec 15th to 19th



*Merry
Christmas!*

We hope you all have a happy
and peaceful Christmas and
wish you all the best for 2026.

Services will pause from Friday 12 Dec 2025 and resume on Monday 05 Jan 2026.
While the Drop-in support will still be available from
Dec 15th -19th, (Mon-Thurs: 10am – 4pm) & (Fri – 10am-2pm).

Locations:

- 65 Eccles Street, Dublin 7
- 559 South Circular Road, Dublin 8
- 23 Herbert Ave, Dublin 4

Register Now!!

- Email: info@arccancersupport.ie
- or call us on (01) 215 0250.